

National Wellness Institute's
2016 HEALTH & WELLNESS OBSERVANCES CALENDAR



Cervical Health Awareness Month

National Cervical Cancer Coalition
www.nccc-online.org

National Birth Defects Prevention Month

March of Dimes Birth Defects Foundation
www.marchofdimes.com
or
Center for Disease Control & Prevention
www.cdc.gov

National Blood Donor Month

American Association of Blood Banks
www.aabb.org
or
American Red Cross
www.redcross.org

National Glaucoma Awareness Month

Glaucoma Research Foundation
www.glaucoma.org

January 3–9

National Folic Acid Awareness Week

National Council on Folic Acid
folicacidinfo.org

January 18 (Martin Luther King Day)

King Day of Service

Corporation for National and Community Service
www.mlkday.gov

January 24–30

National Certified Nurse Anesthetists Week

American Association of Nurse Anesthetists
www.aana.com

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FEBRUARY 2016

AMD/Low Vision Awareness Month

Prevent Blindness America
www.preventblindness.org

American Heart Month

Contact your local chapter of the American Heart Association
or
AHA National Center
www.americanheart.org
www.cdc.gov

National Cancer Prevention Month

American Institute for Cancer Research
www.aicr.org
American Cancer Society
www.cancer.org

National Children's Dental Health Month

American Dental Association
www.ada.org

Wise Health Consumer Month

American Institute for Preventive Medicine
www.healthylife.com

February 3 (First Wednesday in February)

National Girls & Women in Sports Day

Women's Sports Foundation
www.womenssportsfoundation.org/en/home/advocate/ngwsd

February 5

National Wear Red Day

The Heart Truth—a National Awareness Campaign for Women About Heart Disease
National Heart, Lung, and Blood Institute
Health Information Center
www.hearttruth.gov
or
Women Heart
www.womenheart.org
or
Go Red For Women Cause Initiatives
American Heart Association National Center
www.goredforwomen.org

February 14 – 20

National Cardiac Rehabilitation Week

AACVPR Office
www.aacvpr.org

February 14 – 20

Random Acts of Kindness Week

Random Acts of Kindness Foundation
www.randomactsofkindness.org

February 14 (Valentine's Day)

National Condom Awareness Day

www.ashastd.org

February 22 (Same date each year)

World Thinking Day

World Association of Girl Guides and Girl Scouts
www.worldthinkingday.org

February 23 – March 1

National Eating Disorders Awareness Week

National Eating Disorders Association
www.nationaleatingdisorders.org

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MARCH 2016

American Red Cross Month

American Red Cross, National Headquarters
or contact your local chapter
www.redcross.org

Brain Injury Awareness Month

Brain Injury Association of America
www.biausa.org

Hemophilia Month

National Hemophilia Foundation
www.hemophilia.org

National Colorectal Awareness Month

Cancer Research and Prevention Foundation
www.preventcancer.org/colorectal

National Developmental Disabilities Awareness Month

The Arc of the United States
www.thearc.org

National Eye Donor Month

EBAA, Eye Bank Association of America
www.restoresight.org

National Kidney Month

National Kidney Foundation
www.kidney.org

National Nutrition Month

Academy of Nutrition and Dietetics
www.eatright.org

National Problem Gambling Awareness Month

The National Council on Problem Gambling, Inc.
www.ncpgambling.org

National Professional Social Work Month

National Association of Social Workers
www.socialworkers.org

Save Your Vision Month

American Optometric Association
www.aoa.org

Workplace Eye Health and Safety Month

Prevent Blindness America
www.preventblindness.org

National Athletic Training Month

National Athletic Training Association
www.nata.org

March 1 - 7

Aplastic Anemia and MDS Week

Aplastic Anemia and MDS Internl, Inc.
www.aamds.org

March 6 - 12 (week before daylight savings time)

National Sleep Awareness Week

National Sleep Foundation
www.sleepfoundation.org

March 6 - 12

National Pulmonary Rehabilitation Week

American Association of Cardiovascular and
Pulmonary Rehabilitation
www.aacvpr.org

March 7 - 11

National School Breakfast Week

School Nutrition Association
www.schoolnutrition.org

March 19

Kick Butts Day

Campaign for Tobacco-Free Kids
www.kickbuttsday.org

March 20 - 26

National Poison Prevention Week

Poison Prevention Council
www.poisonprevention.org

March 20

National Native HIV/AIDS Awareness Day

National Native American AIDS Prevention Center
www.nnaapc.org

March 22 (same date each year)

World Water Day

UN Water
www.unwater.org

March 22 (fourth Tuesday in March)

American Diabetes Alert Day

American Diabetes Association
www.diabetes.org

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APRIL 2016

National Alcohol Awareness Month

SAMSHA's National Clearinghouse for Alcohol & Drug Information
www.ncadd.org

National Autism Awareness Month

Autism Society
www.autism-society.org

National Cancer Control Month

Contact your local chapter or
American Cancer Society
www.cancer.org

National Child Abuse Prevention Month

Prevent Child Abuse America
www.preventchildabuse.org
or
Child Welfare Information Gateway
Children's Bureau/ACYF
www.childwelfare.gov/topics/preventing/preventionmonth

Counseling Awareness Month

American Counseling Association (ACA)
www.counseling.org

National Donate Life Month

HRSA Information Center
www.organdonor.gov

Stress Awareness Month

American Counseling Association (ACA)
www.counseling.org

National Humor Month

Association for Applied and Therapeutic Humor
www.aath.org

National Minority Health & Health Disparities Month

Office of Minority Health Resource Center
www.minorityhealth.hhs.gov

National Occupational Therapy Month

The American Occupational Therapy Association
www.aota.org

Sexual Assault Awareness Month

National Sexual Violence Resource Center
www.nsvrc.org

Women's Eye Health and Safety Month

Prevent Blindness America
www.preventblindness.org

April 1 – 3 (first weekend in April)

Alcohol-Free Weekend

National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org

April 4 – 10

National Youth Violence Prevention Week

National Association of SAVE
www.nationalsave.org

April 4 – 10

National Public Health Week

American Public Health Association
www.nphw.org

April 6 (first Wednesday of April)

National Day of Hope

Childhelp
www.childhelp.org

April 7 (same date each year)

World Health Day

World Health Organization
www.who.org or www.paho.org

April 9

National Alcohol Screening Day

Screening for Mental Health, Inc.
www.mentalhealthscreening.org

2016 HEALTH & WELLNESS OBSERVANCES CALENDAR

(APRIL, CONTINUED)

April 10 – 16

National Library Week

American Library Association

www.ala.org

April 10 – 16 (third week of April)

National Volunteer Week

The Points of Light and Hands on Network

www.PointsofLight.org

April 15 – 17

Global Youth Service Day

Youth Service America

www.gysd.org

April 17 – 23

National Environmental Education Week

(eeweek)

National Environmental Education Foundation

www.eeweek.org

April 14 (same date annually)

International Moment of Laughter Day

Izzy Gesell, Wide Angle Humor

www.izzyg.com

April 16 (same date annually)

National Healthcare Decisions Day

www.nhdd.org

April 16 – April 23

National Infant Immunization Week

CDC, National Immunization Program

www.cdc.gov/vaccines/events/niiw/index.html

April 22

Earth Day

Earth Day Network

www.earthday.net

April 23 – 29

Medical Fitness Week

Medical Fitness Association

www.medicalfitness.org

April 28 (fourth Thursday April)

Take Your Daughters and Sons to Work Day

Daughters And Sons To Work® Day

www.daughtersandsonstowork.org

National Wellness Institute's 2016 HEALTH & WELLNESS OBSERVANCES CALENDAR



MAY 2016

Asthma and Allergy Awareness Month

Allergy and Asthma Foundation of America
www.aafa.org

Better Sleep Month

The Better Sleep Council
www.bettersleep.org

Building Safety Month

International Code Council
www.iccsafe.org

Correct Posture Month

American Chiropractic Association
Communications Department
www.acatoday.org

Employee Health & Fitness Month

National Association for Health and Fitness,
ACTIVE Life
www.healthandfitnessmonth.com

Healthy Vision Month

National Eye Institute
www.nei.nih.gov/hvm

Hepatitis Awareness Month

American Liver Foundation
www.liverfoundation.org

Huntington's Disease Awareness Month

Huntington's Disease Society of America
www.hdsa.org

Lupus Awareness Month

Lupus Foundation of America, Inc.
www.lupus.org

National Arthritis Month

Arthritis Foundation
www.arthritis.org

National Bike Month

League of American Bicyclists
www.bikeleague.org

National High Blood Pressure Education Month

NHLBI Information Center
www.nhlbi.nih.gov

National Melanoma/Skin Cancer Awareness Month

American Academy of Dermatology
www.aad.org or
American Cancer Society
www.skincancer.org

National Mental Health Month

National Mental Health Association
www.nmha.org

National Osteoporosis Month

National Osteoporosis Foundation
www.nof.org

National Physical Fitness and Sports Month

President's Council on Fitness, Sports, and Nutrition
www.fitness.gov

National Stroke Awareness Month

National Stroke Association
www.stroke.org

National Teen Pregnancy Prevention Month

Advocates for Youth
www.advocatesforyouth.org

Older Americans Month

U.S. Dept. of Health and Human Services
Administration for Community Living
www.acl.gov

MAY CONTINUED >

National Wellness Institute's 2016 HEALTH & WELLNESS OBSERVANCES CALENDAR

(MAY, CONTINUED)

May 1 – 7 (same dates annually)
National Physical Education and Sports Week
National Association for Sport and Physical Education
www.shapeamerica.org

May 4 (first Wednesday in May)
Project Aces Day
(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
www.projectaces.com

May 6 – 12 (same dates each year)
National Nurses Week
American Nurses Association
www.nursingworld.org

May 8 – 14 (first full week in May)
Be Kind to Animals Week
Canadian Federation of Humane Societies
www.cfhs.ca
American Humane Association
www.americanhumane.org

May 8 – 14 (first full week in May)
North American Occupational Safety and Health Week (NAOSH)
American Society of Safety Engineers
www.asse.org/naosh

May 8 (same date annually)
World Red Cross/Red Crescent Day
American Red Cross
www.redcross.org

May 8 – 14 (Mother's Day week)
National Nursing Home Week
American Health Care Association
www.nnhw.org

May 8 – 14 (Mother's Day week)
Women's Health Week
Office on Women's Health
Department of Health and Human Services
www.cdc.gov/women/

May 9 – 15
(week of Florence Nightengale's birthday, May 12)
National Hospital and Healthcare Week
American Hospital Association
www.aha.org

May 9 – 15
National Volunteer Week – Australia
Volunteering Australia
www.volunteeringaustralia.org

May 11 (Wednesday during National Nurses Week)
School Nurse Day
www.nasn.org

May 14
World Fair Trade Day
World Fair Trade Association (WFTO)
www.wfto.com

May 16 – 20
Bike to Work Week
(Bike to Work Day: May 15)
League of American Bicyclists
www.bikeleague.org

May 20
World Autoimmune Arthritis Day
The International Foundation for Autoimmune Arthritis
www.ifautoimmunearthritis.org

May 25 (last Wednesday in May)
National Senior Health & Fitness Day
www.fitnessday.com

National Wellness Institute's 2016 HEALTH & WELLNESS OBSERVANCES CALENDAR



JUNE 2016

(June & July)

Fireworks Safety Months

National Council on Fireworks Safety
www.fireworksafety.com

Cataract Awareness Month

Prevent Blindness America
www.preventblindness.org

National Great Outdoors Month

American Recreation Coalition
www.greatoutdoorsmonth.org

National Safety Month

National Safety Council
www.nsc.org

National Scleroderma Awareness Month

United Scleroderma Foundation, Inc.
www.scleroderma.org

Migraine and Headache Awareness Month

National Headache Foundation
www.headaches.org

June 4 (first Saturday in June)

National Trails Day

American Hiking Society
www.americanhiking.org

June 5

World Environment Day

United Nations Environment Programme (UNEP)
www.unep.org/wed

June 5 (first Sunday in June)

National Cancer Survivors Day

National Cancer Survivors Day Foundation
www.ncsdf.org

June 12 (second Sunday in June)

National Children's Day

www.nationalchildrensday.us

June 13 – 19 (ending with Father's Day)

National Men's Health Week

National Men's Health Network
www.menshealthweek.org

June 14 (same date annually)

World Blood Donor Day

www.who.int/world-blood-donor-day

June 27 – 29

41st Annual National Wellness Conference

National Wellness Institute, Inc.
St. Paul, MN
www.nationalwellness.org/Conference

June 27 (same date annually)

National HIV Testing Day

AIDS.gov
www.aids.gov

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June & July

Fireworks Safety Months

National Council on Fireworks Safety

www.fireworkssafety.org

Eye Injury Prevention Month

Federal Occupational Health

www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp

National Park and Recreation Month

National Recreation and Park Association

www.nrpa.org

UV Safety Month

American Academy of Ophthalmology

www.aao.org

July 12 – 18

Every Body Deserves a Massage Week

Associated Bodywork & Massage Professionals

www.abmp.com



Children's Eye Health and Safety Month

American Academy of Ophthalmology

www.aao.org

Medic Alert Awareness Month

www.medicalert.org

National Breastfeeding Month

United States Breastfeeding Committee

www.usbreastfeeding.org/

National Immunization Awareness Month

Center for Disease Control & Prevention

www.cdc.gov/vaccines

August 1 – 7 (same dates annually)

World Breastfeeding Week

La Leche League International

www.llli.org

August 2

National Night Out

National Association of Town Watch

www.natw.org

August 7 – 13 (second week in August)

National Health Center Week

National Association of Community Health Centers, Inc.

www.healthcenterweek.com

August 9

International Day of the World's Indigenous People

United Nations

www.unesco.org

National Wellness Institute's 2016 HEALTH & WELLNESS OBSERVANCES CALENDAR



Alzheimer's Association Memory Walk

(Fall weekend)

Dates vary depending location. Contact your local Alzheimer's Association or visit

www.alz.org

Baby Safety Awareness Month

Juvenile Product Manufacturers Association

www.jpma.org

BioDiversity Month

Dept. of the Environment and Heritage Australia

www.environment.gov.au/biodiversity

Blood Cancer Awareness Month

Leukemia and Lymphoma Society of America

www.lls.org

Childhood Cancer Awareness Month

CureSearch for Children's Cancer

www.curesearch.org

Fruit & Veggies More Matters Month

Fruits & Veggies More Matters

www.fruitsandveggiesmorematter.gov

Healthy Aging™ Month

Healthy Aging Campaign

Educational Television Network, Inc.

www.healthyaging.net

National Recovery Month

Substance Abuse and Mental Health Services Administration (SAMHSA)

National Clearinghouse for Alcohol and Drug Information

www.recoverymonth.gov

National Childhood Obesity Awareness Month

President's Council on Fitness, Sports & Nutrition

www.fitness.gov

National Cholesterol Education Awareness Month

National Heart, Lung, & Blood Institute

www.cdc.gov/features/cholesterolawareness/

National Food Safety Education Month

National Restaurant Association Education Foundation

www.foodsafetymonth.com

National Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition, Inc.

www.ovariancancerawareness.org

National Menopause Awareness Month

North American Menopause Society

www.menopause.org

National Preparedness Month

Cosponsored by American Red Cross

www.redcross.org and

U.S. Dept of Homeland Security

www.ready.gov

National Sickle Cell Disease Awareness Month

Sickle Cell Disease Association of America, Inc.

www.sicklecelldisease.org

National Yoga Month

Yoga Health Foundation

www.yogamonth.org

Prostate Health Month

Prostate Cancer Foundation

www.pcf.org

Sports and Home Eye Safety Month

Prevent Blindness America

www.preventblindness.org

SEPTEMBER CONTINUED >

2016 HEALTH & WELLNESS OBSERVANCES CALENDAR

(SEPTEMBER, CONTINUED)

Whole Grains Month

The Whole Grains Council

www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september

September 1 – 7 (same date annually)

National Childhood Injury Prevention Week

The American Academy of Pediatrics

www.healthychildren.org

Safe Kids Worldwide

www.safekids.org

September 5 – 11 (week of Sept. 10)

Suicide Prevention Week

American Association of Suicidology

www.suicidology.org

September 11

National Day of Service and Remembrance

www.911day.org

September 11 – 17

National Assisted Living Week

National Center for Assisted Living

www.nalw.org

September 18 – 24 (third week in September)

National Rehabilitation Week

National Rehabilitation Awareness Foundation

www.nraf-rehabnet.org/

September 18 – 24 (third week in September)

National Farm Safety and Health Week

National Educational Center for Agricultural Safety

www.necasag.org

September 21 (third Wednesday)

Backpack Awareness Day

The American Occupational Therapy Association

www.aota.org

September 21 (same date annually)

International Day of Peace

United Nations

www.un.org/en/events/peaceday/

September 24 (last Saturday)

Family Health and Fitness Day USA

Health Information Resource Center

www.fitnessday.com/family

September 24 (last Saturday)

National Public Lands Day

National Public Lands Day

www.publiclandsday.org

September 25 – October 1 (last week in September)

Active Aging Week

International Council on Active Aging

www.icaa.cc

September 28 (last Wednesday)

National Women's Health & Fitness Day

Health Information Resource Center

www.fitnessday.com/women

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Alzheimer's Association Memory Walk

(Fall Weekend)

Dates vary depending location. Contact your local Alzheimer's Association or visit www.alz.org

American Heart Walk

Dates vary depending on your location.

American Heart Association
www.heartwalk.org

Auto Battery Safety Month

Prevent Blindness America
www.preventblindness.org

Eat Better, Eat Together Month

Washington State University
<http://nutrition.wsu.edu/ETEB/>

Children's Health Month

Office of Children's Health Protection
U.S. Environmental Protection Agency
www2.epa.gov/children/childrens-health-month

Domestic Violence Awareness Month

National Resource Center for Domestic Violence
www.nrcdv.org

Health Literacy Month

Health Literacy Consulting
www.healthliteracymonth.org

Healthy Babies Month

March of Dimes/Birth Defects Foundation
www.marchofdimes.com

Healthy Lung Month

American Lung Association
www.lungusa.org

National Breast Cancer Awareness Month

National Breast Cancer Foundation
www.nationalbreastcancer.org

National Bullying Prevention Month

PACER's National Bullying Prevention Center
www.pacer.org/bullying/

National Chiropractic Month

American Chiropractic Association
www.acatoday.org

National Crime Prevention Month

National Crime Prevention Council
www.ncpc.org

National Dental Hygiene Month

American Dental Hygienists Association
www.adha.org/ndhm

National Depression and Mental Health Screening Month

Screening for Mental Health, Inc.
www.mentalhealthscreening.org

National Disability Employment Awareness Month

U.S. Dept. of Labor
www.dol.gov/odep

National Family Sexuality Education Month

Planned Parenthood Federation of America
www.plannedparenthood.org/

National Liver Awareness Month

American Liver Foundation
www.liverfoundation.org

National Physical Therapy Month

American Physical Therapy Association
www.apta.org

National Spina Bifida Awareness Month

Spina Bifida Association of America
www.spinabifidaassociation.org

National Sudden Infant Death Syndrome (SIDS) Awareness Month

SIDS Alliance
www.sidsalliance.org

National UNICEF Month: Trick-or-Treat for UNICEF.

National Office of the US Fund for UNICEF
www.unicefusa.org

National Wellness Institute's 2016 HEALTH & WELLNESS OBSERVANCES CALENDAR

(OCTOBER, CONTINUED)

National Work and Family Month

Alliance for Work-Life Progress
www.awlp.org

Talk About Your Medicines Month

National Council on Patient Information and Education
www.talkaboutrx.org

Vegetarian Awareness Month

North American Vegetarian Society
www.worldvegetarianday.org

October 1 (annually same date)

International Day of Older Persons

www.un.org/en/events/olderpersonsday

October 2 – 8 (first full week in October)

National Mental Illness Awareness Week

American Psychiatric Association
www.psychiatric.org
NAMI – National Alliance on Mental Illness
www.nami.org/miaw

October 3 (first Monday in October)

Child Health Day

U.S. Dept. of Health and Human Services
mchb.hrsa.gov

October 3 (first Monday in October)

World Habitat Day

UN Habitat www.unhabitat.org/

October 5

International Walk-to-School Day

National Center for Safe Routes to School
www.walktoschool.org

October 9 – 15 (week including October 9 – Chicago Fire)

National Fire Prevention Week

National Fire Protection Association
www.nfpa.org

October 10 (always October 10)

World Mental Health Day

World Federation for Mental Health
www.wfmh.org

October 10 (same date annually)

Put the Brakes on Fatalities Day

www.brakesonfatalities.org

October 10 – 14 (second full week)

National School Lunch Week

School Nutrition Association
www.schoolnutrition.org

October 11 – 14 (week of Columbus Day)

National Consultant Pharmacy Week

American Society of Consultant Pharmacists
www.ascp.com

October 16 – 22 (third full week in October)

International Infection Prevention Week

Association for Professionals in Infection Control and Epidemiology, Inc.
www.apic.org

October 16 – 22 (third week in October)

National Health Education Week

Society for Public Health Education
www.sophe.org/NHEW.cfm

October 16 – 22 (third week in October)

National Healthcare Quality Week

National Association for Healthcare Quality
www.nahq.org

October 17 (same date annually)

International Day for the Eradication of Poverty

United Nations
www.un.org/en/events/povertyday

October 20 (same date annually)

World Osteoporosis Day

International Osteoporosis Foundation
www.worldosteoporosisday.org

October 22 (same date annually)

Food Day

Center for Science in the Public Interest
www.foodday.org

October 22 (fourth Saturday in October)

Make a Difference Day

www.makeadifferenceday.com

October 23 – 31 (same dates annually)

National Red Ribbon Celebration/ National Plant the Promise Week

National Family Partnership at
www.nfp.org

October 23 – 29 (last full week October)

National Respiratory Care Week

American Association for Respiratory Care
www.aarc.org

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NOVEMBER 2016

American Diabetes Month

American Diabetes Association
www.diabetes.org

Native American Heritage Month

<http://nativeamericanheritagemonth.gov/>

Diabetic Eye Disease Month

Prevent Blindness America
www.preventblindness.org

Lung Cancer Awareness Month

American Cancer Society
www.cancer.org

National Alzheimer's Disease Awareness Month

Alzheimer's Disease and Related Disorders Association
www.alz.org

National Epilepsy Awareness Month

Epilepsy Foundation of America
www.efa.org

National Family Caregivers Month

National Family Caregivers Association
www.nfcares.org

National Healthy Skin Month

American Academy of Dermatology
www.aad.org

National Home Care Month

National Association for Home Care & Hospice
www.nahc.org

National Hospice and Palliative Care Month

National Hospice and Palliative Care Organization
www.nhpc.org

Pancreatic Cancer Awareness Month

Pancreatic Cancer Action Network
www.pancan.org

Prematurity Awareness Month

March of Dimes Birth Defects Foundation
www.marchofdimes.com

November 12

World Pneumonia Day

www.worldpneumoniaday.org

November 13

World Kindness Day

Random Acts of Kindness
www.randomactsofkindness.org

November 14 (same date annually)

World Diabetes Day

International Diabetes Federation
www.worlddiabetesday.org

November 14 – 18 (week before Thanksgiving)

American Education Week

National Education Association
www.nea.org

November 15 (same date annually)

National Philanthropy Day

Association of Fundraising Professionals
www.npdlove.com

November 15 (same date annually)

America Recycles Day

National Recycling Coalition, Inc.
www.americarecyclesday.org

November 17 (third Thursday)

Great American Smokeout

American Cancer Society
www.cancer.org

November 19 (Saturday before U. S. Thanksgiving)

International Survivors of Suicide Day

American Foundation for Suicide Prevention (AFSP)
www.afsp.org/survivorday

November 24 (always Thanksgiving Day)

National Family Health History Day

U.S. Dept. of Health and Human Services
www.hhs.gov/familyhistory/

November 24 – January 1

(U.S. Thanksgiving - New Year's Day)

Tie One On For Safety Campaign

Mothers Against Drunk Driving (MADD)
www.madd.org

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International AIDS Awareness Month

International HIV/AIDS Alliance
www.aidsalliance.org/

National Drunk and Drugged Driving Prevention (3D) Month

National Highway Traffic Safety Administration
www.nhtsa.gov/StopImpairedDriving

Safe Toys and Gifts Month

Prevent Blindness America
www.preventblindness.org

December 1 (same date annually)

World AIDS Day

AIDS.gov
www.aids.gov

December 4 – 10 (first full week of December)

National Hand Washing Awareness Week

Henry the Hand Foundation
www.henrythehand.com

December 4 – 10

National Influenza Vaccination Week

www.cdc.gov/flu/nivw/

December 5 (same date annually)

International Volunteer Day

United Nations Volunteers
www.unv.org
www.worldvolunteerweb.org

December 10 (same date annually)

Human Rights Day

United Nations Human Rights
www.ohchr.org

NWI 2016 Health & Wellness Observances Calendar

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